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Issue 142 May 2003 FREE

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Lest We Forget

countries bombed by USA since 1945 (partial list)

Iraq 1991–2003

Afghanistan 1998, 2001–03, Yemen 2002, Yugoslavia 1999
Sudan 1998, Bosnia 1994, 1995, Somalia 1993, Kuwait 1991
El Salvador 1980s, Nicaragua 1980s, Panama 1989
Iran 1987, Libya 1986, Lebanon 1983–84, Grenada 1983
Cambodia 1969–70, Guatemala 1967–69, Peru 1965
Congo 1964, Laos 1964–73, Vietnam 1961–73
Guatemala 1960, Cuba 1959–60
Indonesia 1958, Guatemala 1954
Korea & China 1950–53
China 1945–46

Who's Next?

Syria, Yemen, North Korea, Columbia,
Iran, Pakistan, Lebanon, Somalia,
Sudan, Indonesia, Saudi Arabia,
Cuba, Libya, Philippines . . .

War on Words

Tony Montague

Heart of Hollyhock Women Who Lived It

Shivon Robinsong
Oriane Lee Johnston

State of the Universe Address

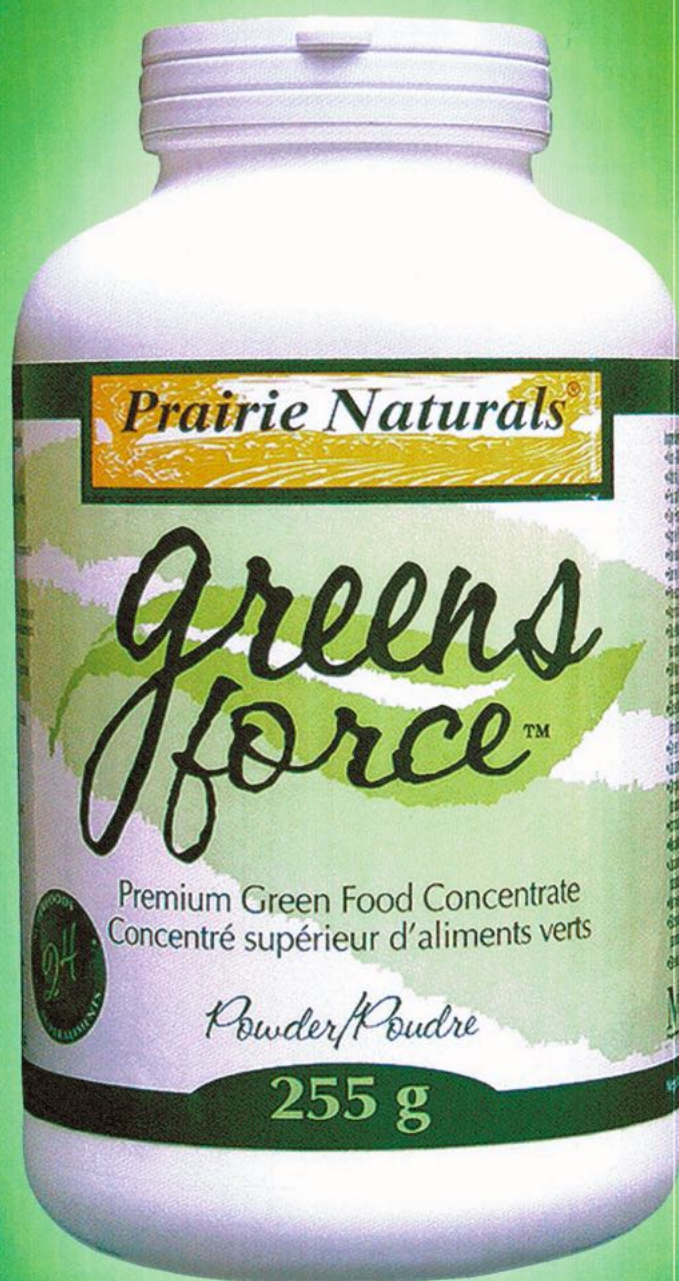
Swami Beyondananda

Peace is Cheaper than Bombs

Savitri MacCuish, Andrew Wells
Dr. Mansukh Patel



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Peace is Cheaper than War

by Dr. Mansukh Patel,
Savitri MacCuish and Andrew Wells

The twentieth century was perhaps the deadliest in human history... In this new century... peace must be sought, above all, because it is the condition for every member of the human family to live a life of dignity and security. — Kofi Annan

Throughout human history, "peace" has been sought through war. But in an age of mutual interdependence, peace is more difficult to attain if any one part of the world is exploiting another. Why should I expect you to respond peacefully to me if my actions create suffering for you?

Today, trade imbalances and transnational market forces mean that a small country could be made bankrupt within a matter of days merely by a consortium of just a few large

finance corporations. Huge sectors of the earth's population remain in poverty because of debts imposed on their country through corrupt or inept leadership, and as a result of the policies of western governments and financial institutions.

Why does terrorism occur? Violence in every form begets more violence. Many journalists have commented that if someone has spent a lifetime being abused and oppressed, has watched family and friends imprisoned or killed, and feels forgotten by the world and bereft of hope—perhaps then they would be desperate enough to kill more innocents in order to try to attract enough attention to change their circumstances.

The cost of defence against terrorism is enormous.

The cost of defence against another country is even greater.

The cost of defence against an all-out war is almost impossible for any country on the earth to conceive of

being able to afford.

It is one of the quirks of modern history that war is becoming so expensive to conduct that peace has become a more attractive option on purely fiscal grounds. Today, there are whole sections of military organizations investigating the peaceful settlement of disputes, simply because it has become too expensive to resort to arms. Countries such as New Zealand, which disbanded its air force in 2001, and Costa Rica, which dismantled its army more than thirty years ago, have found that not only do they feel more secure, but they also have vast sums available for financing a better social infrastructure.

Perhaps the very nature of the profit motive will eventually drive us to peace.

As Dr. Martin Luther King, Jr. said we have the choice to live together on the earth like brothers and sisters or perish together like fools.

The principles of commerce with

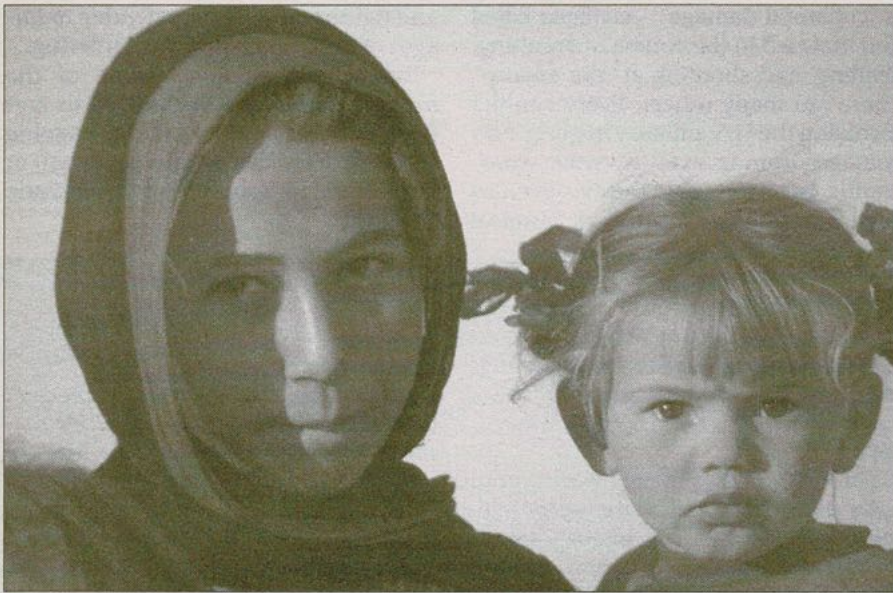
morality tell us that the end does not justify the means; rather, the means creates the end.

From a purely economic point of view peace is cheaper than war.

Economics means the "study of one's home." If we are to make our planet into a home worth living in, we will have to adopt policies that create peace without even considering violence. After 9/11 the need for creating a peace that works for all has never been greater. Let us work together with the maturity and power that our children have expected from us.

Dr. Mansukh Patel, Savitri MacCuish and Andrew Wells are authors of *A Call To Action: From Personal Responsibility to Global Empowerment*.

Louise Rowan, Director of the Life Foundation in Canada will be presenting an evening of Dru Yoga; the main philosophy from which the techniques in *A Call to Action* are drawn from. The evening will take place on 7 May, 7pm - 9pm, Hellenic Centre, 4500 Arbutus & Valley (around 33rd), \$17. More info on 604-739-8324



Cover photograph, "Two girls in a village near Hatra, Iraq" by Peter Langer

Peter Langer will be giving a series of travel talks on "faraway places in Asia", combining photography and music, every Wednesday from April 30 to June 4 at the Vancouver Museum (7:30pm).
April 30 - Iraq
May 7 - India
May 14 - Indochina
May 21 - The Himalayas
May 28 - The Silk Road
June 4 - Philippines
www.theultimatetraveller.com

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*I'd like to express my extreme point of view
I'm not Christian and I'm not a Jew
I'm just living out the American dream
And I just realized that nothing is what it seems
"American Life", Madonna*

Common Ground MAGAZINE

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H.A.N.S.



2001 Recipient

War on Words

The Pentagon's Assault on the English Language has Left it "Softened up" and "Degraded"

by Tony Montague

It was a US senator, Hiram Warren Johnson, who said in 1917 "The first casualty when war comes is truth". Language is also a victim of that first strike, part of the "collateral damage". The distortions, dissimulations, and outright lies that accompany warfare are created with words. Indeed honest language and discourse are targeted even before the outbreak of actual hostilities. The proponents of any armed conflict - whether politicians, generals, or media moguls - need the backing of public opinion. When war comes, they must rally support for "our heroes" and denigrate "the enemy" and the doubters (who are also the enemy).

In order to understand and counter the mindset of the warmongers it's important to look at the different ways they use - or more to the point abuse - language. And in a darkly satirical way it can be an amusing exercise.

Propaganda is a neutral word, meaning "any organized effort or movement to spread particular doctrines or information" though it has come to be used

in a derogatory sense only. No one now readily admits to disseminating it, but past master Joseph Goebbels, Nazi Germany's Minister for People's Enlightenment and Propaganda, had no such qualms. He was proud of his skilful mendacity. Goebbels realized that if you repeat a lie over and over again it eventually comes to be regarded as the truth. In plain parlance, shit sticks.

Present-day western leaders are usually a little more subtle when they take liberties with the truth. Implying guilt, for instance, is preferable to making direct accusations, because it can't be refuted. In George Bush's news conference of March 13 concerning the worsening Iraq crisis he referred eight times to the 2001 terrorist attacks on the World Trade Centre and the Pentagon. There was - and is - not a shred of evidence connecting Iraq's former dictator to 9/11. But opinion polls taken after the conference indicated that half of the U.S. population believed Saddam to be at least partly responsible. The shit stuck, and made it much easier to subsequently justify bombing and invading Iraq.

Newspeak turns words on their head, cynically reversing their original mean-

ing and intent. The term was coined by George Orwell for his anti-totalitarian and futuristic satire 1984, in which the Ministry of Truth propagated the three essential slogans of newspeak: War is Peace, Freedom is Slavery, and Ignorance is Strength. Ironically, the year before the publication of Orwell's work (1948) the U.S. Department of War changed its title to the Department of Defense. Two decades later the department was undertaking the "pacification" of villages in Vietnam. This involved killing domesticated animals, setting homes on fire, rounding up all the men, shooting those who resisted, and abusing elders, women, and children. Similarly the phrase "peace through strength" is used by the Bush administration to justify massive increases in its "defence" budget. Ignorance is indeed strength in the new American century.

In order to help "defend the indefensible", as Orwell put it, the warmongers have created an impressive array of euphemisms. Many of these draw on terminology and expressions taken from the business community, the legal and medical professions, sports newscasts, consumer culture, even gardening books. The most infamous is "collateral damage" - civilians killed and maimed in the course of bombing, shelling, and shooting at "the enemy". There are many others. Every conflict involving the U.S. military inspires new coinages from its ever-inventive word-smiths. In recent years they've given us such now familiar niceties as "surgical

strikes", "smart bombs", "soft targets", and "to interview detainees".

Obfuscation is a closely-related strategy - the concealment of violent realities by the use of confusing and abstracted language. This can take several forms. Technical words and jargon are favourites as they put up a wall - with the added implication that they can only be understood by experts and insiders who should be allowed to get on with the job. A classic example is the reference made in one Pentagon document to "kinetic energy penetrators", more usually known as bullets.

Deliberately vague information is said to lack "granularity" (note the crunchy-cereal connotation). This is desirable for U.S. military media-briefings, which are ideally low on specifics and rich in BS. Take for instance General Tommy Franks' Sentence: "Our forces are continuing to move; they're moving in ways and to places that we believe are just exactly right." Then there are the ubiquitous abbreviations, such as BDA (bomb damage assessment), TLAMs (Tomahawk land-attack missiles), ALCM (air-launched cruise missiles) and GBUs (guided bomb units) and of course those elusive WMDs (weapons of mass destruction). Letters and figures are always preferable to images of flesh and blood and suffering.

Below is a guide to some of the more common or revealing words and phrases being deployed in this ongoing series of defensive actions on behalf of humanitarian values and democratic freedoms.

Warspeak

Assets: a financial term that usually means personnel or equipment used in warfare - as in naval assets, strike assets, rescue assets. See **Tip-fiddle**

Command and control infrastructure: roads, railway lines, bridges, barracks.

Daisy cutter: a charming horticultural term for a type of bomb. The very informative website GlobalSecurity.org reveals that "the BLU-82 [Bomb Live Unit-82] is a 15,000 pound bomb, originally designed to clear helicopter landing zones in Vietnam, with a warhead that contains 12,600 pounds of GSX [Gelled Slurry Explosive] slurry. The bomb is detonated a few feet above ground level by a 38-inch fuze extender, optimized to clear vegetation while creating no crater." Its effect on "personnel" is not given.

Damage limitation: the destruction of enemy assets before they can be used against you. Pre-emptive strikes.

Deconflicting the airspace: the complex process of ensuring that the shells and missiles fired in combat do not collide.

Degrade: a verb widely used during the Kosovo war, in the sense of "to reduce in strength, amount, or some other measurable property". As in to "degrade the infrastructure" - this means to drop bombs on roads, bridges, stations, etc. It has desirable nuances of public humiliation and debasement. See also **soften up**.

Detention: a correctional word that carries echoes of being made to stay behind

after school as a punishment for being cheeky. In the war on terrorism anyone perceived to be a security threat - whether foreign combatant or U.S. citizen - may be detained (incarcerated) indefinitely without charge.

Embedding: another gardening metaphor. It refers to the U.S. military's new approach to handling journalists in the Iraq war, and means to place reporters inside troop units, where they become "rooted", eating, sleeping, and travelling among the soldiers to ensure that reports on the war are accurate and objective.

Engage: to fight

Force package: a consumerist term, meaning a bomb or warhead. Ribbons and bows are optional. See also a **strike package**.

Friendly Fire: a favourite, and much used, phrase of newspeak. Though "friendly fire" may suggest a gathering of smiling faces around a campsite barbecue, to come under it is to be shot at by your own side. This experience is also delightfully described as a "blue on blue" situation, which has suggestions of a modernist painting or a brochure for a sea-cruise.

Hesh: high explosive shells.

Hot contact point: a somewhat risqué phrase to describe a place where combat is raging.

Incursion: an armed invasion.

Kinetic targeting: dropping bombs or firing missiles. It has

spawned a spin-off: the tens of thousands of US and British troops poised to attack Iraq were simply waiting for permission to "go kinetic".

Mouseholing: an apparently innocuous term, it describes one of the ugliest elements of urban warfare, whereby troops do not enter houses or rooms through doors, for fear of triggering trip wires. Instead, they blow holes in the walls, invariably causing numerous civilian casualties. Mouseholing was last seen in the Israeli assault on Jenin.

Non-permissive environment: a no-go area. The phrase carries suggestions of a home or institution in which God-fearing western family values prevail.

(The) Numbers game: the casualty figures, usually those supplied by "the enemy" for propaganda purposes.

Permanent pre-hostility: a newspeak term, as employed in a Pentagon document, meaning peace. The permanence is only temporary.

Regrettable by-products: death and destruction that wasn't meant to happen and for which the armed forces spokesperson is really sorry (although it couldn't be helped, and there's no question of compensation).

Relocate: to drive people from their homes, usually to place them in military encampments.

Routine limited-duration protective reaction: an air-raid, of the common or

garden variety.

Sanitized belt: a charming expression that might be lifted from an ad for personal hygiene products. An area that has been cleared of all its inhabitants. No fuss, no muss.

Sensitive site exploitation: the process of examining sites suspected of containing weapons of mass destruction. A touchy-feely term, with a hint of the risqué.

Soften up: another metaphor suggesting intimacy, with an additional culinary nuance (meat-tenderizing); to bomb soldiers of the other side, killing and maiming them so that your massively superior ground forces face as little opposition as possible when they attack.

Strike package: A handy term that cleverly combines associations of baseball and consumerism. It means the vast array of hardware and technology supporting bombing raids, and includes fighter, reconnaissance, and early warning radar aircraft, air-to-air refuellers, and of course the **force packages** (bombs).

Terminate with extreme prejudice: to kill.

Tip-fiddle: The Time-Phased Forces Deployment List (TPFDL) of the Pentagon sets out in minute detail everything from troop deployments to the supply of food and toilet rolls. Donald Rumsfeld's tinkering with the tip-fiddle was not popular with his generals, who didn't want him touching their very large assets.

Jeers and Cheers for Moore

Editor,

After reading Michael Moore's attack of PRESIDENT Bush I can only shake my head in disbelief at his unsubstantiated accusations. No, the majority of Americans are not against the war in Iraq, in fact every news poll taken shows the majority of Americans are in favor of ridding the world of the tyrant Saddam. As for Iraqis never killing Americans that's debatable; but it's a fact that the world's terrorists get their training in Iraq. Alan Paske (by email)

Dear Joseph,

I wanted to thank you personally today for your courage in publishing Michael Moore's article in your April issue. Michael Moore has expressed powerfully what I feel and what probably lots of people are thinking. Thank you very sincerely,
Abasse Asgaraly, Toronto

Editorial note: Michael Moore recently signed a deal with Mel Gibson's production company for his next film, Fahrenheit 911, exploring the business relationships between Osama bin Laden's father and George Bush Sr. It is scheduled for completion in 2004.

Canada in the European Union

Dear Editor,

What would happen if Canada joined the EU, as Stephen Bradley advocates in the March 2003 Common Ground? The USA would put economic and possibly military pressure on Canada to reverse course, because its economic interest in Canada would be threatened and because it would not wish to share its Northern border with an emerging superpower federation whose foreign and military policy is dominated by an increasingly unfriendly France and Germany.

Canada would have to count on the EU countering US pressure by being willing and able to protect and defend its new membership in the federation, with economic aid and with military forces on the Canada-US border to deter the American military from forcibly removing Canada from the federation and putting it back into the US sphere of influence.

What Bradley advocates is a fascinating thought - similar to a counterpart, the idea of ex-Soviet Bloc Eastern European States applying to become new individual states of the USA in order to avoid being dominated by France, Germany and Russia - but quite unlikely to become a future reality.

Yours sincerely,
D.I. Solomon, Victoria

The Editor, Common Ground,
In her article "First Strike Nukes?... Not For Canadians" (Common Ground, March 2003) Jen Bradley makes the following proposal: "If the people of

Canada are to become more relevant to this (present) US administration, we need to become part of a family of nations that is economically stronger than the United States, and militarily equal, including in nuclear weapons. In other words we need to join the European Union (EU)."

Ignoring the complete unreality of Ms. Bradley's proposal I suggest that if it was feasible it is completely the wrong way to go about achieving a peaceful world which is her stated goal. It amounts to playing the age old game of international power politics, yet raising the stakes to even higher and more dangerous levels. Imagine the hysteria and paranoia in the US if it felt threatened by a nuclear attack by the EU with Canada as an ally, given its present level of acute delusional hysterics over the supposed "axis of evil".

Canada has some powerful bargaining chips of its own to use against the US by the way - without considering nuclear weapons... In short, we Canadians could sit across the table from Uncle Sam in a game of show-down poker and tell him to play ball with us or we turn off the lights. That might keep the candles burning in the White House Oval office for a while.

Richard Clements,
Vancouver

Grizzly kill numbers still "suppressed"

Editor,

Why can't Liberal environment minister Joyce Murray just admit that her ministry's policy on the hunt is based on ideological grounds and not science? Murray continues to refuse to comply with rulings by both the Information and Privacy Commissioner and the BC Supreme Court to provide Raincoast Conservation Society with information that is critical to grizzly bear conservation. Raincoast is seeking site specific grizzly kill location data in order to conduct an independent scientific analysis. But information is power and Murray and her ministry's special interest supporters (i.e. the sport hunting lobby) know this quite well.

Murray's actions in this matter are clearly designed to keep the public in the dark. Despite Premier Gordon Campbell's election promise to have the most open and accountable government in Canada, the Liberals continue to go to extraordinary lengths to keep this information suppressed. We ask once again, what is this Liberal government trying so desperately to hide?

Chris Genovali
Executive Director, Raincoast
Conservation Society, Victoria

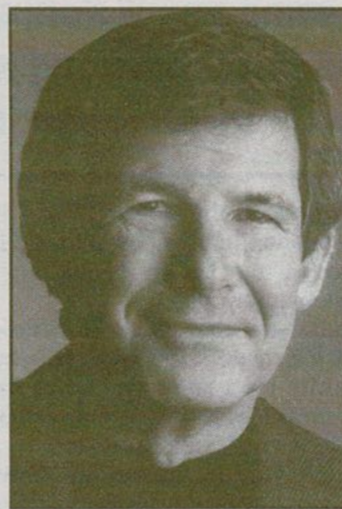
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State of the Universe Address

It's Time to Get Serious About Humour

by Swami Beyondananda

Hello everybody - it is great to be here ... and you know what? We really have no choice. Because no matter where we are, we are always here. And it is always now. In fact, there's even a book called *The Power of Now*. I haven't had time to read it yet, but I hope to get to it in a later now.

Meanwhile, back in this now, the issue in the United States, and indeed the world is, why did George Bush give in to his Big Iraq Attack and order up a war? Latest reports say that the war to force a regime change in Iraq cost \$200 billion. It is puzzling to me why some of those fiscal fitness fanatics in the Republican Party didn't try to find a cheaper way to do it. Maybe if they had offered the Iraqis half - \$100 billion - they could have done it themselves. Then there would still be \$100 billion left to spend on regime change in this America.

Because - and I have to be blunt here - the folks in charge are fossils fuelled by fossil fuels. And in the reptilian brain, problems aren't solved, they're attacked. Like the War on Poverty. Remember that? I'm happy to report that it's finally over. The poor people have all surrendered. And take the War on Drugs - please! How many billions have they spent? My solution is cheaper and more effective ... improve reality!

Now we have the War on Terrorism. We're going to terrorize those terrorists into giving up terrorism if it's the last thing we do! And it just might be. The good news is - and I have it on the Highest Authority - there will indeed be peace on Earth. Whether we humans are around to enjoy it, that is up to us.

No wonder there is so much fear, uncertainty and confusion on the planet. I'll tell you how bad it's gotten. You've heard of Heisenberg's Uncertainty Principle? Well, they're not even sure about *that* anymore. And so, more and more people are turning to the mystics for answers.

I have often said there are two kinds of mystics, the optimystics and the pessimystics. Now pessimystics seem to be more in touch with "reality," but optimystics are happier and live longer for some reason. The pessimystics have been crying, "The sky is falling, the sky is falling!" The optimystics say, "No. It just looks that way because we are ascending."

Now, for those people who read the news - not to mention those unfortunate enough to *be* in the news - last year was not an easy year to keep an optimistic attitude with so much pessimistic evidence. Call me a hopeless "hopium" addict, but I choose to accentuate the positive. For example, you can say we human beings have moved further down the path of self-destruction. Or

you could say the Earth is ridding itself of a virulent parasite.

You can despair over continuing war, disease and starvation, or you can go, "Hey, population control the good, old fashioned way - without birth control or abortion." Who says "compassionate conservative" is an oxymoron?

You can worry about the government taking liberties with our liberties or you can say, "Life has become simpler! They've boiled the Bill of Rights down to just one: You have the right to remain silent."

So I am not going to dwell on the negative. As my guru Harry Cohen Baba used to say, "Life is like photography ... we use the negative to develop." So let us look at the bright side.

Like technological advances, for example. Forty years ago President John F. Kennedy promised to have a man on the moon by the end of the 1960s. Well, we have far exceeded that. Thanks to the so-called Patriot Act, George Bush can have a man on Uranus by the end of the week.

George Bush was responsible for a great spiritual advance last year, as well.

"when more of us put our energy into love and laughter instead of criticizing and condemning, we will have Uncritical Mass ... and we will bring about Nonjudgment Day, and along with it, Disarmageddon."



He upgraded the Golden Rule for the new millennium. It's now the Gold Rule: "Doodoo unto others before they can dooodoo unto you."

And - say what you will - President Bush has made great strides on behalf of minority representation. Never before was there a President who was looking out for a smaller minority.

Now this is the **State of the Universe** Address, and seen from that higher perspective, things look great! I am happy to report that the **Universe** continued to expand in 2002, and in fact, they actually had to let the Photon Belt out a another notch. An expanding **Universe** means more jobs too, so we can expect a steady influx of aliens looking for work. Yep, the **Universe** just keeps purring in perfection, ever-changing as usual. The planets continue to harmoniously spin in their orbits, and except for the occasional case of asteroids, they just calmly go about their business.

Meanwhile, back here on earth, things

are a bit more problematical. We still haven't fully recovered from that vicious dogma attack of 911. But as an optimystic, I believe you can indeed teach an old dogma new tricks, simply by changing the *emphasis* to another syllable. Instead of focusing only on emergency measures, why not take emerge 'n see measures?

When we emerge from our fearful hiding places and see from the cosmic comic perspective, we realize that beneath all the stress and distress and sadness in life there is a deep well of joy. Each time we let laughter bubble up from the well, we experience deep wellness. Levity helps us overcome gravity, especially when we shine the light of laughter on those poorly-lit corridors of power.

Do you know what the leading cause of terrorism is? It's seriousness. I'm serious. Think about it. Those people have no sense of humour. Otherwise how could they believe they will get to heaven by putting other people through hell? Here is my vision: A suicide bomber arrives at the Gates of Heaven, and God clops him over the head and says, "*schmuck!*" What'd you do that for? 72 virgins? You get one 72-year-old virgin, and his name

wolf will win, grandfather?" asks the young boy. "Whichever one I feed," is the reply.

Every day - every moment - we have the choice to feed the wolf of love or the wolf of fear. It is interesting that we are called *humankind*. What better time than now to find out, can mankind treat man kindly?

I have a dream ... I call it tell-a-vision. I say, if you're dissatisfied with the current programming, you can turn off your TV and tell a vision instead. Here is my vision: Remember the Manhattan Project during World War II? It took less than four years for a group of scientists to develop the first weapon of mass destruction. My vision is, we can do even better for an even worthier goal. We could call it the Manhelin' Project, and its purpose would be to develop the first weapon of mass construction instead.

Think about it. What if we had used that \$200 billion detonated in Iraq, and put it toward becoming the worldwide leader in renewable, clean, sustainable energy sources? Now there's some real power. Create something so plentiful you don't have to pay an army to protect your share. A healthy income, a healthy outcome ... what could possibly make more sense? Boy, talk about feeding two birds with one scone!

The choice is up to us. If we want an alternative, we must feed the "alter native" economy ... anything that alters us natives for the better. The world we live in is a byproduct of the products we buy, is it not? What if we only choose to buy products with healthy byproducts? Think about this: there are at least 45 million Americans who consciously want to feed the wolf of peace. If each of us switched just \$100 into the alter native economy, that would be \$4.5 billion!

Last year, we launched a blisskrieg and declared "all out peace." I'm happy to report it is already working. More people are letting their inner peace out, and these outbreaks of peace are actually causing esteem to rise! And we all know that rising esteem is good for the atmosphere. As esteem rises, more people on the planet will be able to be all that they can be - without joining the army. And when more of us put our energy into love and laughter instead of criticizing and condemning, we will have Uncritical Mass ... and we will bring about Nonjudgment Day, and along with it, Disarmageddon. Now you might be wondering, what will Nonjudgment Day look like? Let me tell another vision.

I have been to the heights of levity, and I have seen people all over the world dancing together in the universal dance of fool realization ... The Hokey Pokey. I want you to hold this vision with me: all of the world leaders at the United Nations beginning their sessions with the Hokey Pokey. What if Ariel Sharon and Yasser Arafat put their whole selves in in? That would be commitment. And then pulled their whole selves out. That is

detachment. Then they turn themselves around, which is transformation. And that, my friends, is what it is all about!

So, how can you help raise the laugh force on the planet enough to bring about Nonjudgment Day? You can take a vow of levity, and laugh more. Support everyone's right to laugh by joining the Right To Laugh Party... "One big party, everyone is invited. All for fun, and fun for all."

Commit random acts of comedy. Practice Fun Shui and leave the world a funnier place. Anything to elicit a moment of of fool-realization with a spark of laughter. Because only when we lovingly laugh at our foolishness, can we seriously change things for the better. May you wake up laughing and leave laughter in your wake ... and

may the Farce be with you!

Swami Beyondananda & Friends are live in Vancouver May 14. For an evening filled with Cosmic Comedy and Healing Laughter don't miss "The Way of the Foo Ling Master" starring Swami Beyondananda 'Steve Bhaerman', also featuring special guests Swami Cahonananda a.k.a. Jeffrey Armstrong and Swami Deep Throat Chakra a.k.a. Jerry DesVoignes. Early Bird Concert 7-7:30pm ~ Pure Piano featuring 'Swami Joe' a.k.a. Joseph Roberts. Wednesday, May 14, 7:30pm, \$25 at the door, no plastic. Centre for Peace, Burrard & 15th. (604) 267-6567.

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Army manoeuvre, El Barillo, Cuscatlan (village of returned refugees), near Giazapa Mountain, El Salvador" Larry Towell, Magnum Photos.

Magnum Photographer in Vancouver

by Tony Montague

Raised in rural Ontario, Larry Towell is the only Canadian member of Magnum Photos, the world's most prestigious photographers' agency and co-operative. The exhibition 'Larry Towell, Projects 1985 - 2000' runs at Presentation House Gallery in North-Vancouver until June 1.

On Wednesday May 14 at 7.30 pm there will be a reception for Towell at the gallery.

On Sunday May 18 at 7.30 pm Emily Carr Institute of Art and Design hosts Larry Towell in Performance, a free public even with slides, readings, diary excerpts, performance and music.

Towell on the principles that guide his work: "I don't think you can change the

world but you can be part of the process of change, it comes from the people you photograph. You've got to be honest with yourself. So you go to places, and if you take sides don't be ashamed of it, don't hide it. I think the job of a journalist is to go somewhere and tell the truth as they see it, and there are very few professions where you can do that, and justify yourself."

Towell on Iraq: "I'm afraid there's going to be lots of work for people like me in the Middle East. I'm very scared about what's around the bend, very concerned about the whole Arab response to the horrific administration in this country. I'm afraid there's going to be a backlash that people won't be ready for. Maybe I'll try to get to Baghdad when everyone else leaves, that's when it gets interesting for me."

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Affirmative Action Can Cast Out "Untouchability"

by Anne Ying Der

The rights and well-being of India's most disenfranchised strata of society will be addressed at the International Dalit Conference, 2003, A Vision for the 21st Century, to be held in Vancouver this month (16-18).

Dalit is the term preferred by India's ex-Untouchables and refers to a pan-Indian category that includes the scheduled castes and scheduled tribes that, historically, occupied the lowest stratum of Indian society. Untouchability was banned by the Indian constitution of 1949, however prejudice and discrimination remains.

Several hundred international delegates have registered for the conference and the former president of India, K.R. Narayanan, a Dalit himself, has accepted an invitation to attend.

K.P. Singh the chair of the organising committee said, at a recent press conference, the Government of India Planning Commission - which is responsible for economic planning - is dominated by caste Hindus who are not qualified to represent the more than 250 million Dalits living in India today.

Singh a professor of South Asian studies at the University of Washington said the conference will bring together Dalits from around the world to draft their own Dalit economic plan to present to the Indian government.

The conference will also mobilize an international lobby to pressure multi-

national companies operating in India to reserve 30 percent of their jobs for Dalits, he said.

In the United States the fast food giant McDonald's has a practice of hiring 37 percent visible minorities, Singh said. Therefore McDonald's in India should follow the same standard by hiring 37 percent Dalits, he continued.

Taco Bell, Pizza Hut and KFC are also expanding into India and they should reserve at least 30 percent of jobs for Dalits, he said.

Affirmative action in the food industry is a potent symbol of economic inclusion for Dalits, who were historically banned from sharing food and drink with caste Hindus. Many Fortune 500 companies have started investing in India and all of these companies are targets for affirmative action, Singh said.

Babasaheb Ambedkar a movie on the life of Bhimrao Ramji Ambedkar will be shown at Pacific Cinematheque on May 16 and 18. On May 18 the noted Sufi singer Hans Raj Hans will lead the congregation at Shri Guru Ravidass Temple, in Burnaby, in the singing of shabads traditional religious songs. Following this there will be a session on Vision for Community Development at the temple. In the evening there will be a celebration and conference reception followed by a grand dinner with a live musical performance by Hans Raj Hans at the Plaza of Nations in Vancouver. Invitations are extended to the general public for this grand reception. Call 604-250-5143. www.dalitconference.com.



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Vancouver Ecological Explorer

by John Henigman

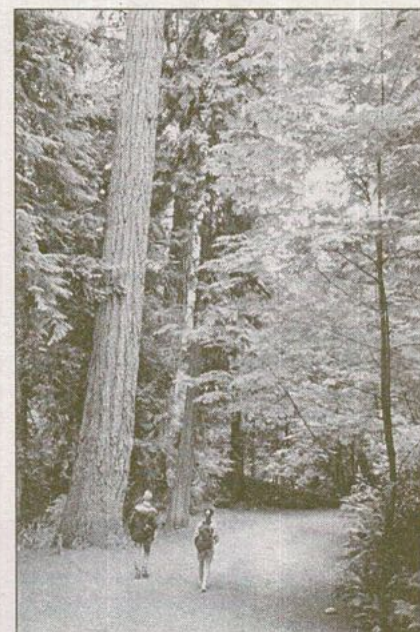
This month the Ecological Explorer takes you to an old-growth Douglas-fir forest at Lighthouse Park in West Vancouver. In addition to the ancient trees you will see spring wild flowers and sea birds on the rocky shores.

Lighthouse Park, West Vancouver

- 500-year-old Douglas-fir forest;
- 1.5-km loop;
- Allow 2 hours at the park;
- Easy walk on the trail and on the access road;
- Good year-round.

Although Vancouver is just north of the range of old-growth Douglas-fir, the Douglas-fir forest in Lighthouse Park, managed by the district, is about 500 years old. In the future it will likely become a western hemlock forest. The park has many very large Douglas-fir (some two metres in diameter and 60 metres tall) and western redcedar trees, with young hemlocks growing underneath the larger trees. You will also see arbutus (madrone), red alder, and bigleaf maple. As well, shrubs and ferns abound.

Passerine (perching) birds, as well as woodpeckers and owls, are best seen in spring; flycatchers in summer. On the ocean, expect to see loons, grebes, alcids (sea birds), and gulls. You may also see various shore birds and other waterfowl. Douglas squirrels are



the most common mammals.

There are numerous trails throughout the park. From the parking lot, walk down the gated paved road to the lighthouse, watching for a few slippery sections on the road. Return to the parking lot along a trail running parallel to the road just to the east

(see map). This is about a 1.5-km loop distance. As long as the trails are not soggy from recent rains, light walking shoes are adequate for this walk. Picnic and toilet facilities with potable water are available. The park is open daily 8AM-9PM.



Douglas Fir



Red Huckleberry



Hairy Woodpecker

Getting to Your Walk



Drive, bus, or take a taxi to West Vancouver. Go along Marine Drive west from the

Lions Gate Bridge (about 11 km) or south from Horseshoe Bay (6 km) to Beacon Lane (Fig.4). The turn onto Beacon Lane is not well marked and visibility of oncoming traffic on Marine Drive at this intersection is limited. Drive down Beacon Lane into the park and parking lot. Or take the #250 bus along Marine Drive from downtown Vancouver and walk down Beacon Lane to the park. Contact West Vancouver at www.westvancouver.net for more information.

If you would like to know more about local ecosystems get the Vancouver Ecological Explorer: A Walker's Guide to the Ecosystems (\$6.95) available in most book, outdoors and nature stores in Vancouver. More information is available at www.ecoexplorer.ca. Contact us at atguidebook@ecoexplorer.ca and tell us

about your visits to natural places. The drawings of the red huckleberry and hairy woodpecker are used with permission from respectively the BC Ministry of Forests, and the BC Provincial Museum (artist Frank Beebe); and the Douglas-fir drawing comes from an old US Forest Service monograph.

Consumer Culture No Accident



Science Matters

by David Suzuki

Most people I talk to today understand that humanity is inflicting harsh damage on the planet's life support systems of clean air, water, soil and biodiversity. But they feel so insignificant among 6.2 billion people that whatever they do to lighten our impact on nature seems trivial. I am often asked "What can I do?" Well, how about examining our consumption habits. Not long ago, frugality was a virtue but today two thirds of our economy is built on consumption. This didn't happen by accident.

The stock market collapse in 1929 triggered the Great Depression that engulfed the world in terrible suffering. World War II was the catalyst for economic recovery. America's enormous resource base, productivity, energy and technology were thrown into the war effort and soon its economy blazed white hot. With victory imminent, the President's Council of Economic Advisors was challenged to find a way to convert a war economy to peace. Shortly after the end of the war, retailing analyst Victor Lebow expressed the solution: "Our enormously productive economy . . . demands that we make consumption our way of life, that we convert the buying and use of goods into rituals, that we seek our spiritual satisfaction, our ego satisfaction, in consumption . . . we need things consumed, burned up, replaced and discarded at an ever-accelerating rate."

President Eisenhower's Council of Economic Advisors Chairman stated: "The American economy's ultimate purpose is to produce more consumer goods." Not better health care, education, housing, transportation or recreation or less poverty and hunger, but providing more stuff to consumers.

When goods are well-made and durable, eventually markets are satu-

rated. An endless market is created by introducing rapid obsolescence (think clothing, cars, laptop computers). And with disposability, where an article is used once and thrown away, the market will never be saturated.

Consumer goods aren't created by the economy out of nothing, they come from the earth and when they are used up, they will be returned to the earth as garbage and toxic waste. It takes energy to extract, process, manufacture and transport products, while air, water and soil are often polluted at many points in the life cycle of the product. In other words, what we consume has direct effects on nature. And then there are social and spiritual costs. Allen Kanner and Mary Gomes state in *The All-Consuming Self*: "The purchase of a new product, especially a 'big ticket' item such as a car or computer, typically produces an immediate surge of pleasure and achievement, and often confers status and recognition upon the owner. Yet as the novelty wears off, the emptiness threatens to return. The standard consumer solution is to focus on the next promising purchase."

"The purchase of a new product, especially a 'big ticket' item such as a car or computer, typically produces an immediate surge of pleasure and achievement, and often confers status and recognition upon the owner. Yet as the novelty wears off, the emptiness threatens to return."

Ultimately, it goes beyond pleasure or status; acquiring stuff becomes an unquenchable demand. Paul Wachtel says in *The Poverty of Affluence*: "Having more and newer things each year has become not just something we want but something we need. The idea of more, ever-increasing wealth, has become the centre of our identity and our security, and we are caught up by it as the addict is by his drugs."

Much of what we purchase is not essential for our survival or even basic human comfort, but is based on impulse, novelty, a momentary desire. And there is a hidden

price that we, nature and future generations will pay for it too.

When consumption becomes the very reason economies exist, we never ask "how much is enough," "why do we need all this stuff," and "are we any happier?" Our personal consumer choices have ecological, social and spiritual consequences. It is time to re-examine some of our deeply held notions that underlie our lifestyles.

To discuss this topic with others, visit the discussion forum at www.davidsuzuki.org.

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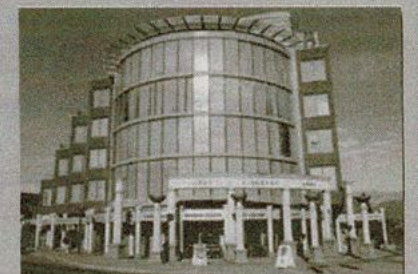
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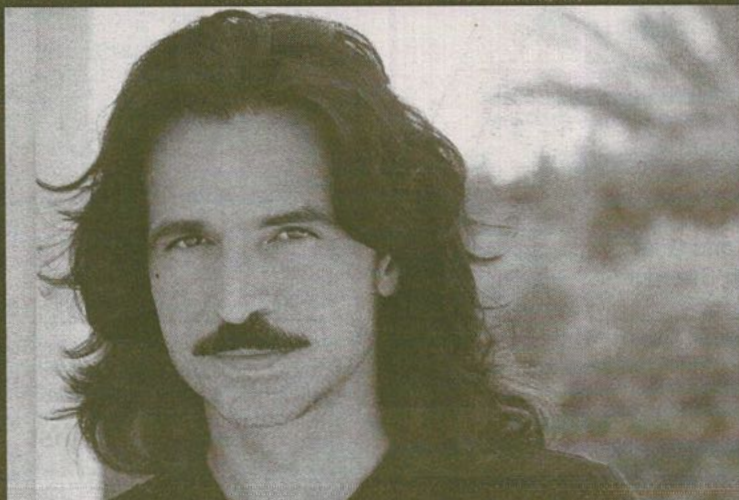


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by Abheeru and Kushad

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Maybe you haven't been to Just Dance because you have long ago decided that you can't dance. At our event, you can be yourself, whatever that looks like. Long time participant Cathy Abbott of WCB

tells us that: "before you know it, you will find yourself letting go and letting the music dance itself through you." We have often seen the shy and the self-proclaimed "two-left-feeters" take their first steps, at their own pace, and soon realize that they had a wonderful dancer inside waiting to have the good time.

"For me, dance is the art that not only gives expression to the human soul but is also the foundation of a life that is more free, more harmonious and more natural," says Isadora Duncan, famed dancer and founder of modern dance. And for many at Just Dance, movement is the doorway that leads to their Higher Self. Dance can be experienced as a path to the now where the knowledge and the busyness of the mind are set aside. To also support such a process, we have been offering an optional "meditation" with music, movement and stillness before every Just Dance (from 7:30 - 8:30pm).

Carla Rieger, corporate educator and

director of Yes Education Systems says: "Just Dance is a place where I can really dance in my own way. There's lots of space to move and a wholesome, fun-loving atmosphere. I have also been introduced to a wide variety of great new music." Indeed, Just Dance is not a one-beat-stomping affair! We love to take you around the world and make you groove to a long list of world music rhythms including african, latin, drumming, celtic along with the modern pop, trance, house, and nuJazz sounds... Joseph Roberts, publisher and senior editor of Common Ground wisely comments that: "When we are deeply listening and dancing to world music, we are also inviting into our lives the deep wisdom nested in those very same cultures."

So after nearly 200 dances, we are getting ready to celebrate our first decade and inviting you all - old-timers and new alike - to a magical evening. There

will be lots of great music including excerpts from our tenth anniversary CD compilation. We are gathering many door prizes, a birthday cake as well as inviting you to contribute to our potluck finger foods. A night that will keep going as long as your dancing shoes will keep you going!

Just Dance is also getting ready for its

second decade. Starting next September, after our summer break, each dance will be preceded by a free class such as dancing, drumming, singing and more. Also, look for our upcoming website, a survey, participatory activities, 50-50 draws, or join in by volunteering... Special thanks to Common Ground, our media sponsor and to a host of volunteers who have given their time and energy to this community event.

Sign up for our brief e-letter to be kept informed of our upcoming events. By signing up before May 23rd, you could win prizes in our draw on the night of our 10th anniversary. Simply email us at justdance-list@infoserve.net with your name and the word "subscribe" and we'll do the rest.

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The 10th Anniversary of Just Dance is 9pm-12:30am, May 23 at 2114 West 4th Avenue (Arbutus). \$8 at the door. Other dances are on 2nd and 4th Friday of the month. Info on 604-264-0559, 604-732-1551 or email justdance@infoserve.net.

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S1m0ne: New Line

Manufacturing Reality

Films Worth Watching

by Robert Alstead

"We have stepped into a new dimension. Our ability to manufacture fraud now exceeds our ability to detect it." The words are those of Viktor Taransky (Al Pacino) in *S1m0ne*, the film, you will remember, about a movie director who makes the world fall in love with his computer-generated star. It was one of the more thought-provoking lines in what was a disappointingly dumbed-down satire on Hollywood media manipulation.

Taransky had a point, even if the central premise of *S1m0ne* that a world could be taken in by a CG star who did photo-shoots, television interviews and Oscar-winning movies but was never seen in the flesh, was unbelievable. Special effects have still a long way to go before they replace living-breathing actors, even the wooden ones, as sci-fi movie *Final Fantasy: The Spirits Within* proved. But we live in a world where digital fakery is routine.

We are so accustomed to neat, glossy news "product" that it would not cross our minds that the dirt under Michael Moore's fingernails was digitally air-brushed out for his publicity photographs until he made a passing quip about it. And how would you know that it wasn't crash dieting but handiwork in the virtual dark room that caused curvaceous British actress Kate Winslet to shed "a third of her legs" for the recent cover story of a British men's magazine? Until she spoke out against the "excessive" retouching of her photos you probably would not.

As the tools of mind control have grown more sophisticated, the possibilities have grown more wild. In 1978 *Capricorn One* was playing with the

idea of conning the masses through television. In the film, astronauts on the first manned flight to Mars are whisked away just before launch and forced to act out "their mission" in a film studio in the desert that looks like Mars. The film enters thriller territory when the space capsule burns up on re-entry and the astronauts (including, eerily, O. J. Simpson) realise that they are expendable.

This fabrication is nothing compared to the grand artifice created by the master doctor of spin Conrad Brean (played by Robert de Niro) in political satire *Wag the Dog*. An unscrupulous Mr Fixit, Brean manufactures a fictitious crisis in Albania to divert attention from a presidential sex scandal during the election campaign. Little is left up to chance. His team hire Willie Nelson to write the conflict "anthem" and shoot war footage for the networks in an American film studio showing an innocent "Albanian" girl fleeing from rapists clutching a kitten. Even the kitten is faked by superimposing it on a bag of Tostitos.

"it's spooky how much the 'Old Shoe' episode echoes the US reaction to Saving Pte Lynch."

The US media respond like Pavlovian dogs to the suggestions that Albania is "a staging ground for terrorists" and cells could be slipping in from Canada with "suitcase bombs". The icing on the cake is when they create a hero Sgt. William Schumann, "good old Shoe", who, the story goes, is captured by Albanian terrorists. As patriotism surges around the country people take to hanging shoes in public places as a show of

support for "Shoe". *Wag the Dog* may have lost some of its sting five years on, the world being so wired up that we can find out what they are having for breakfast in Tirana with a few taps on the computer keyboard. But it's spooky how much the "Old Shoe" episode echoes the US reaction to *Saving Pte Lynch*.

If truth is the first casualty of war, in movies it's often because the war correspondents are shooting themselves in the foot. *No Man's Land*, a satirical wartime drama focusing on two opposing soldiers stuck in a trench together, is a scathing indictment, among other things, of the reporting of the civil war conflict in Bosnia-Herzegovina. Here the CNN-style reporter is so desperate to get the story that she rides roughshod over everyone's feelings and ends up having to swallow the official line whole. She's not helped by a callous UN commanding officer who through a combination of bullying and stage-management manages to gloss wartime tragedy into a PR coup. Well worth seeing.

The concept of journalistic collusion is rammed home in *Three Kings*, a stylish, wartime heist flick about four GIs on a daring raid to steal "Saddam's gold" immediately after the Gulf War of Bush Snr. When we first meet press liaison officer and hero George Clooney his trousers are down and he is giving a new meaning to the term "embedded journalist". The two female news hounds (why are they always female?) are hungry, clueless and pliant. When they start to rock the boat with "negative" reporting for their respective television stations, the military threaten to revoke their press passes. The film was criticised at the time for going soft in its critique of American policy, although for all its puerile jokes and buddy action it seems subversive by modern standards.

Robert Alstead writes for movie ezine www.iofilm.com



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It's May, It's May It's Finally Mother's Day



Kareen's Yoga

by Kareen Zebroff

I am a mother, my mother is a mother, and two of my three daughters are mothers. All have done yoga for many years of their lives. What must it be like to be a first-time mother, if you have not had yoga for your "amah" or nurse, as my daughters did?

Once upon a time, there used to be a wonderful support-system in place that allowed new mothers to sleep and sleep and sleep after their tremendous labour, while the extended family took loving care of baby and only brought it to the bedroom to nurse. Nowadays in North America, there is no longer an experienced midwife or doula in the house to advise the rather ill-prepared new mother on the possibility of post-natal depression, sore nipples, and endless exhaustion. Our poor 'civilized'

mothers get shunted out of hospital in one day, grandma may only be able to help for one week, and hubby often has to return to work in two. After that, our new Mom is left all alone and feeling overwhelmed by her little big responsibility, her fatigue, and her fear of failure to measure up.

Can Yoga help? It can and indeed has done so for some fifty centuries. Like so many things that seem difficult in life — learning how to cook, becoming computer-literate, or doing the Tango with *braggadocio* — it is mainly a matter of 'attitude'. What Yoga can provide for mothers is an atmosphere of relaxation in the midst of turbulence. Yoga will always be the calm centre in the eye of the storm. It can help new mothers to achieve the confidence and faith to become a great parent, because guidance will come from on high (a.k.a. spirit) through the excellent medium of her intuition. Meditation and breath-control will help new parents to realize, that although one cannot control much more than 10% of what will happen, one can control 90% of how one reacts to it.

The older I get, the more I realize that my children are also my most valued teachers. From the very beginning, that adorable little helpless 'blob' is, however, immediately able to instruct us on how to S-T-R-E-T-C-H. Skinny little limbs flatten out from their cramped lotus-position in the womb, as baby stretches mightily and

vocalizes with delighted grunts. How wise it would be of Mommy to follow such a natural and knowing example! Shakespeare, in speaking of the longest sleep of all, might better have asked, "to sleep or not to sleep", as far as our modern mothers are concerned. For, they need to give themselves the permission to rest, rather than to wash floors; to do Yoga, rather than to cook for the multitudes; and, to grunt and groan while intensely stretching, rather than to rush about doing errands with baby in car-seat. It should be incumbent upon all overworked mothers to take care of, appreciate, and accept the Self — the better to learn from that little munchkin, who has no doubt popped into their lives for that very reason.

Even as adults, my children are still teaching me through their shining example, and through the affectionate insight they have into their parents' psyche. People born under a certain date of the sun-sign Scorpio for instance, as I am, are supposed to, "follow a life-path of working through issues of perfectionism, process and responsibility; taking life one step at a time; manifesting their vision in practical ways; and accepting the inherent perfection of their life" ("The Life You Were Born to Live", by Dan Millman). Every one of my "girls" has taught me valuable lessons about these life-tasks through their fortitude in the face of great challenges. One of them has to bring up our new grandchild in a now disease-ridden and turbulent African country; another, patiently addresses the needs of our lovable autistic grandson who rarely sleeps; and, our twelve-year-old granddaughter astounds and inspires me with her loving devotion to her little brother.

As mothers of such big and small 'teachers', we can do at least two proactive things for our mental and physical health, and, by implication, theirs. We can incorporate a kind of intermittent Yoga-All-Day-Long practice into our lives, the better to relax while still remaining active (see next column); and, we can learn from the enlightened educator who said, "when our children are small, parents must act as their managers; after our children become teenagers, parents are wise to act as their consultants". I should like to add here, "thank you, my dear grown-up girls, for being my gurus".

In Sanskrit, 'kareen' means "please do it". So please, little mothers, follow your intuition and indulge in a bit of daily Yoga. Your 'babies' will surely thank you — in time.

"mothers, follow your intuition and indulge in a bit of daily Yoga."

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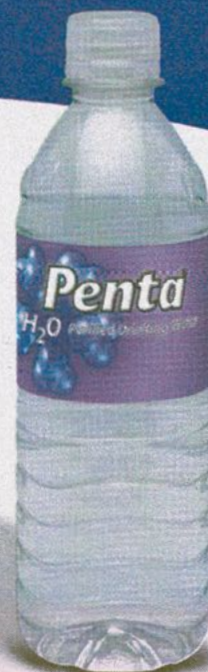
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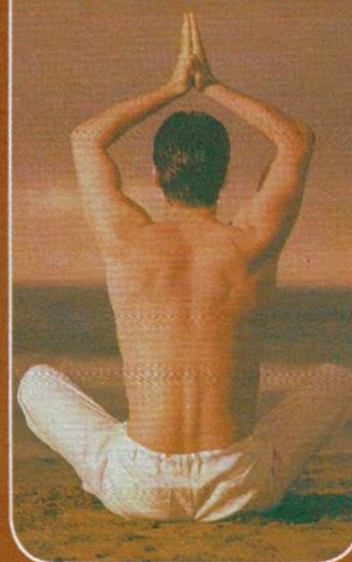
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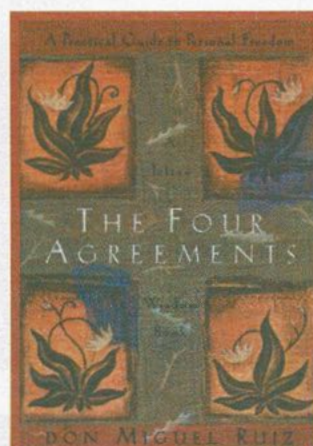
Day 15 Visit the Agra fort and Itmad ud daullah. Transfer to railway station to board Shatabdi Express train bound for New Delhi.

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Left: Shivon Robinsong. (Photo: Tony Bounsall photo/design). Right: Babatunde Olatunji with Oriane Lee Johnston and Devon Johnston at Hollyhock, July 1994.

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The following accounts are the first of a two part series from the perspective of the women who helped build Hollyhock. Next month others will talk about the present purpose and future of this amazing educational retreat centre. For more information www.hollyhock.ca, 800-933-6339.

— Dana Bass Smith

Co-founder Shivon Robinsong traces her Hollyhock roots.

Growing up as an Irish immigrant in Winnipeg, I felt a disconnection from the land, and a longing for the community of extended family. Some of my friends were blessed with the experience of going to the family farm for a holiday, and returning, robust and well nourished by the land, the garden, the air, and grandmother's grounded wisdom. How I envied them.

After completing a psychology degree at the University of Manitoba, I was fortunate to be part of a two-year training in Confluent Education, a progressive education movement that had grown out of Esalen Institute. I attended workshops at a convent retreat, a beautiful rural refuge outside Winnipeg, where learning went hand-in-hand with contemplation by the river, and nourishing food fresh from the garden. I was beginning to experience holistic learn-

ing, where body mind and spirit were treated as one, in the context of nature.

A few years later, I had moved to Kitsilano, and was wondering what to do with the rest of my life. There I met Rex Weyler, Greenpeace activist and writer, who said "Why don't you join the revolution?" My artist husband Lee Robinsong and I joined Rex in publishing the Greenpeace Chronicles for the next few years. During that time, we often imagined building a rural lifestyle that brought together the various threads of our lives — work, art, environmental values and family.

When shifting Greenpeace politics moved the centre of the organization from Vancouver to Europe, our magazine folded. Rex moved to Boston to work on New Age Journal. Lee and I and our baby Erin Skye moved to Cortes Island, but we stayed in close contact with Rex. When he visited us in the summer of '81, he had just been told by a gypsy fortune-teller at the Vancouver Folk Festival to "look out for red hollyhocks growing high above a hedge". As we were showing him the beautiful overgrown garden at the former Cold Mountain Institute, there in the middle

of work. Hollyhock was also a place for us to live in community and raise our families. Our second daughter, Kaeli Joy, was born in 1982, a month after we purchased the Hollyhock land.

In 1983, we opened our doors for our first summer program. We offered "A Holiday that Heals" - workshops in the practical, creative and healing arts. The first workshop was "Singing for Everyone", led by Susan Osborn. Little did I know how this would set the course for my life to come.

For the first seven years, I was running Hollyhock and raising two daughters. We were a loving community of friends living our dream, complete with all the trials and challenges of a new venture. With very little experience in running a business, we found ourselves muddling through, trial and error being the main teachers. It was all-consuming. I was planning the programs, greeting all the guests, and overseeing the running of the kitchen and housekeeping. This eventually took its toll on my health and family life.

My marriage to Lee ended in 1989, and that same year my role in Hollyhock was interrupted by a diagnosis of breast

Heart of Hollyhock

were the tallest, reddest hollyhocks we'd ever seen. This seemed to be an important sign — but of what, we wondered? The place was for sale, but the price was far out of our reach. (Lee and I had a net worth of \$600). Nevertheless, we were all struck by the numinous feeling that we were being asked to buy this land and steward it. Together, we began to imagine how we might arrange the purchase, what we would do there, and what friends we could invite to join us.

Above all, I wanted Hollyhock to provide that sense of 'coming home' so many city dwellers yearned for. We knew that the land, ocean, forest and garden, could provide deep nourishment, R&R for those in the front lines

cancer. I suddenly had to drop everything and attend to my own healing. This was an extraordinary period of grace in my life, where I was given the great gift of time — time to assimilate all I had learned over the past years, and to explore new directions.

In being forced to step aside from the day-to-day running of Hollyhock, I let go of the reins in a way that is so often difficult for founders. The decision was made for me by my health crisis, and I have never regretted it. Looking back, I see that it was essential not only for my own health, but for the health and evolution of Hollyhock as well.

By 1996 I had remarried and moved to Victoria with my daughters and my

husband, Bill Weaver, a documentary filmmaker. A passion for choir directing that began on Cortes, blossomed into a full-fledged career that fills me with more joy and energy than I ever imagined was possible in one's work. I founded *The Gettin' Higher Choir*, which has grown to over 300 voices, now directed by myself and talented composer/arranger, Denis Donnelly. I teach singing workshops at Hollyhock and elsewhere, helping people find their voices, and seeding new community choirs. I also work with groups of activists through the Hollyhock Leadership Institute. (Coming full circle, in 2001, Greenpeace International invited me to animate their AGM in the Netherlands with singing.)

I now serve on Hollyhock's Board of Directors. My daughters Erin and Kaeli have grown into beautiful capable young women firmly on their own paths. Hollyhock too has come of age. I love my life in Victoria, but it is Cortes Island that I return to, again and again, for deep soul nourishment.

Shivon's website, www.shivon.com lists her upcoming singing workshops and *Getting Higher Choir* concerts.

Oriane Lee Johnston, Hollyhock Program Director

The first six years of my life were spent in the wildness of the BC coast, in and around Ocean Falls. Salmonberries, black bears and the immense greenness of mountains and ocean inlets are the most vivid memories. A longing to return to the wild led me to Cortes Island in the mid-80s. Bringing a background in academic psychology and adult education, a fervent interest in personal and global transformation, a love of the arts, and a child to raise, we settled at Linnaea Farm.

I became aware of a dichotomy between an earth-based ecology move-

ment which had yet to learn how to sustain itself and its work, and the more introspective seekers who were focused more on their own growth and healing and had yet to find practical applications of this to benefit the broader world. Add to the mix my recognition of the value of spiritual practice and it's no surprise that Hollyhock came into my life. My response to that dichotomy can be found in the programs we've evolved over the last 13 years.

In 1990, my first year as program director, Babatunde Olatunji came to Hollyhock for the first time. Baba is the legendary Nigerian elder, master drummer and cultural ambassador who

Continued on page 30

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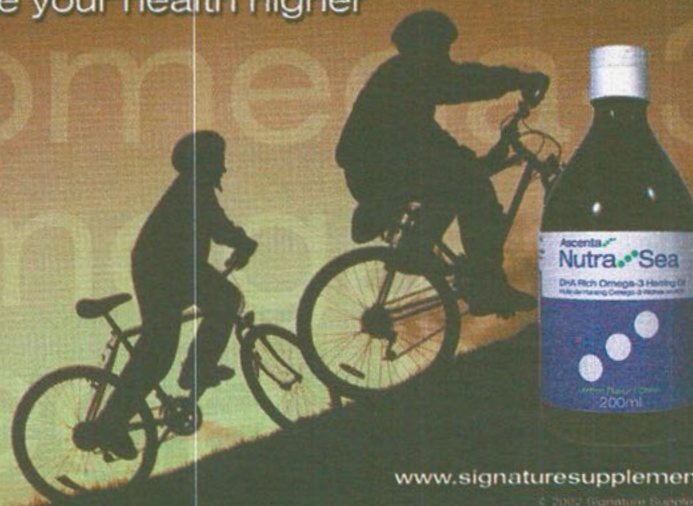
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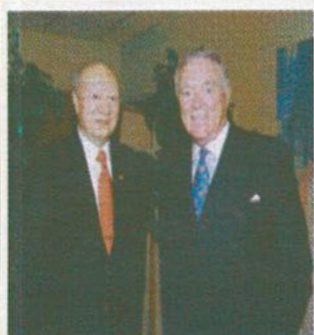
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Power of Gentleness



Universe Within

by Gwen Randall-Young

It is worrisome to continually hear stories of bullying amongst children. What would it take to foster gentleness of spirit, so that harming another person would be inconceivable?

I remember once participating in a workshop in Hawaii. The participants were sitting in a large circle on the floor. Suddenly I noticed a huge insect crawling around in the middle of the circle.

I had never seen a cockroach before, but the nasty things I heard about them had informed my opinion of them: I did not like them.

For some reason, I was also afraid of them. Since they were 'bad', I naturally assumed it would be okay to kill them. (Butterflies and ladybugs were a completely different matter.)

I expected that someone would jump up and stomp on the ugly thing, and relieve the horror of those of us who lived sheltered lives far from the tropics.

Instead, a young man slowly got up, walked over to the beastly thing, cupped his hands and gently carried the creature outside, releasing it to resume its journey. That gesture alone was worth the price of the workshop. In

fact, I scarcely remember the rest of the weekend, so astounded was I by what I considered an extreme act of kindness.

In that instant, I was shamefully aware of an aspect of my being that was clearly judgmental and violent!

In my world at that time, my initial response would have been considered 'normal' and 'natural'. No one would have given a second thought to my callous and demeaning attitude towards cockroaches in general, and that one in particular.

The fact that it was not bothering me, was in no way a threat to me, and was not even in my personal space, but rather in a public setting made no difference. It was offensive to me by virtue of its very existence, and any hostile action therefore seemed justified.

Nothing could have affected me more strongly than observing a fellow human modeling a completely different perspective. Bullying amongst children occurs in much the same way. Another child is deemed 'less than', and so it is 'okay' to treat him or her rudely, disrespectfully, even violently.

Children do this for only one reason. It is what they have learned from adults. Sadly, sometimes it is the way they are treated by their parents daily.

A lot of emotional bullying goes on in the name of discipline. Even if they are not treated in this way, they hear parents putting down other people: relatives, neighbours, co-workers. They learn to be judgmental at home. They

take that habit to school, where other children have learned the same, and they begin to judge one another.

They hear the teacher berating their classmates, so it is not surprising they do not think what they are doing is wrong. They perceive their judgments to be facts just as I did with the cockroach.

It is not difficult to look at our world today and see the results of groups of people making enemies of other groups. This is pervasive: on the playground, on the streets, and even in the office. Preaching and reciting affirmations will not change this.

It is first necessary for adults to model tolerance, compassion, understanding and acceptance. Next, both parents and teachers must establish zero tolerance policies for verbal abuse in the home and the school.

No, it is not even okay for siblings to verbally abuse one another. If it is allowed in the home, it will be carried to the playground and the classroom.

Perhaps this is the level at which any true anti-war movement needs to begin. Where gentleness of spirit is fostered, with the sense that to harm another is inconceivable, there could only be peace.

Gwen Randall-Young is a psychotherapist and author of *Dancing Soul: The Voice of Spirit Evolving*. She has also written *Echoes Through Time: A Message of Healing for Men*, *Baby Soul: A Blessing of Spirit*, and produced various audio cassettes. gwendall@shaw.ca

On Track Zodiac

by Ilona Hedi Granik



ARIES (March 21 - April 19) - Get down to brass tacks and put all things in order. Get ready for the time of your life. To lie low is to stagnate.

So get a move on. Happiness is a choice you make. Get out your imaginary toboggan and ride down that hill with your arms raised high. Excitement is afoot.



TAURUS (April 20 - May 21) - Hallelujah! Praise be! You feel connected to every tiny living being. Music in your ears and a thrill in your step. Give to those who have less. Teach anyone who knocks on your door. You shine as the healer that you naturally are.



GEMINI (May 22 - June 20) - Why preserve a rose in 24 karat gold, if it has run its course? All things have their season and a time to come to an end. Now is the time to shake off the past. You will know profound bliss and freedom in letting go. We are not alone and besides there are two of you!



CANCER (June 21 - July 23) - Perhaps you are learning a new language of the soul or a new culture and expression? Muses come in new disguises. You have shed your old skin and are ready to bounce back. You are the

panther on the prowl. Taking to new adventures with animal-like certainty. The cat family simply knows no bounds



LEO (July 24 - Aug 23) - There is a need to say less and do more. Perhaps too much of your energy spills out where it need not. Seal your lips before you seal your outcome. Handle affairs with a touch of grace, a dab of lavender and the scent of passion. Perhaps an angel will press her wing around you.



VIRGO (Aug 24 - Sept 23) - There is a chance to dream and create reality according to balance. Make choices that bring out your business acumen. Your heart will ring true, there is nothing that you need to do, but be yourself. Everyone responds to the honesty that you exude.



LIBRA (Sept 24 - Oct 23) - What and who is suffering? Perhaps you have found just another way to avoid the tasks at hand. Get yourself together and fasten your boot straps. Have you seen "You" lately? You are more dazzling than you even know. Is the glass half empty or full? There is no glass!



SCORPIO (Oct 24 - Nov 22) - Watch the birds and see them fly in a circle: the circle stays continuous. No linear measures, simply a pattern of wholeness. Get the picture in living colour and bring it to the present moment. If you want to make a move, now is the time to cultivate that idea.



SAGITTARIUS (Nov 22 - Dec 21) - A package is a package and good things come in it. Unravel all the mysteries and get the prize. Riddles and omens play largely in your day to day life. Take a chance and bet on a sure thing. You are being summoned to respond to the relationship you have with yourself.



CAPRICORN (Dec 22 - Jan 20) - The release and let go that comes quickly is surely challenging. At the end of the day serenity glows within you. Silk pillows cradle your head and the clock strikes with certain clarity. You are exactly where you need to be.



AQUARIUS (Jan 21 - Feb 19) - Pull out the amulets and talismans. Utilize your gift of clear sight. Your first instinct was correct. This idea for a new career is stellar. By all means go toward it. There is every reason to see your truth as the highest. To be or not to be? Be yourself and know God. Ah, that is the answer.



PISCES (Feb 20 - March 20) - Sojourn to your self. The crises and delay now show their meaning. Keep the fires burning in the cave where you will sit in solitude. We become like the people we are with, are you with those you wish to emulate? At a snail's pace, travel simply while walking in peace.

Ilona Hedi Granik is a clairvoyant consultant and author with 29 years of experience in astrology, multi-media art and the healing arena. www.iamstill.com

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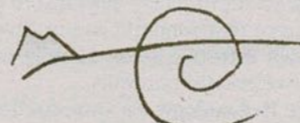
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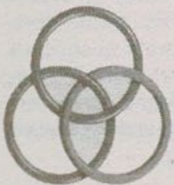
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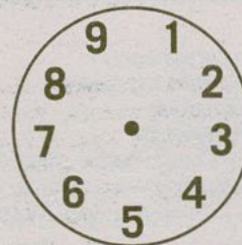


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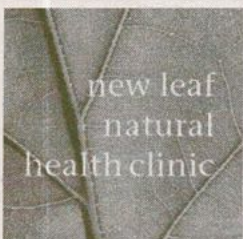
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Correction: Previous ad should not have read "Downtown" but instead read "Vancouver".

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A few kind words can warm three winter months.

Japanese proverb

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May 23-25 \$270

ANNUAL SUMMER RETREATS

With Baba Hari Dass: Yoga Intensive, for all levels, July 31-Aug 4; Yoga Retreat, August 7-10. Please contact the Centre for more information.

July 31-August 10

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May 15th 7 - 10 PM
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May 11th topic:
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an experiential science focusing on inversion not conversion. Please join us Sunday mornings (except the first Sunday of each month) at 809 W. 23rd Ave. (Entrance off Willow). 10AM Silent Meditation; 11AM Discourse (followed by vegetarian refreshments). Please Join Dr. Richard Seader Saturday, May 24, 10 am - 4 pm same location

to 'Consciously Learn to find the Stillness Within': A meditation practice and so much more. Beginning Sunday, May 25th, 1-3 pm, Finding Bliss Within: A 6 Week Meditation Class Series. All SOS programs are FREE.

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atmosphere. On the second Friday of every month, Kushad will treat you to a lighter mix of ethnic music (Afrocelt, Khaled, Papa Wemba, Dubango...). On the fourth Friday, Abheeru will serve you a high-energy mix from around the world (Enigma, Delerium, Transglobal Underground, St-Germain...).

World Rhythms - May 9
Just Dance - May 23

7:30 Meditation 9:00 Dance. \$8

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For more info call the
Roundhouse CC 604-713-1800
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The Squamish Nation, through the Roundhouse Community Centre, is extending an invitation to participate in these beautiful retreats in the Elaho Valley. Weekends will include traditional ceremony, hiking, and a wide range of cultural and ecological workshops. Cost for entire weekend is \$15, you must supply your own transport, camping gear and food.

Datebook

HOW TO GET LISTED:

Fax your listing to (604) 733-4415 or email to admin@commonground.ca

Datebook Deadline is the 12th of the proceeding month.

Cost is \$25 for 25 words, plus GST.

No charge for free events by non-profit organizations, space permitting.

MAY 2

Stepping Into Health: Strength and flexibility of the feet, ankles, and knees and body posture. Free Intro: 7:30 - 8:30pm 604.987.7529 # 94190 North Van RecCentre.

MAY 3

J. Krishnamurti video presentation and dialogue at the Vancouver Public Library, Central Branch, Peter Kaye room, 2:00 pm. "To see the false as the false, to see the true in the false, and to see the true as the true -- it is this that sets the mind free." www.krishnamurti.ca

Messages From Water - Dr. Masaru Emoto presents his compelling theories on how energy alters water's crystalline structure. 7:30pm, VPL Alice MacKay Room, 350 W. Georgia St. \$20. 604.822.1444. www.diamondheart.org

MAY 5 - 6

MovEnt Presents Dances for a Small Stage IV, The Royal, 1029 Granville St, 8pm, Tickets \$12. Info at 604-731-6856 or visit www.movent.ca

MAY 7

Rinche Khando Choegyal & Dr. E. Napper Fundraiser for "Tibetans Nuns Project" in Dharmasala, India. Rinchen is the sister-in-law of His Holiness, The Dalai Lama. North Shore Unitarian Church, 7pm \$15 Tickets: Videomatica, 1855 Fourth Ave, 604.922.5339

MAY 8, 9

Express Your Creative Spirit Workshop - 2 days - access your creativity - what is creativity, the process, opening to creativity, defining creative goals, putting them into action - \$160 pp. To register: Carla Weaver - 604.943.7501 or email: carla_weaver@hotmail.com

MAY 9

Messages from Spirit. Healing for the Heart. Group Psychic Reading Evening with psychic channeler and author Maggie Victor. \$25. Info: 1.866.333.9437 (toll free) or www.antesca.com

MAY 10

The Diamond Heart Foundation of Canada presents the 2nd annual **Soothe the Soul Benefit Concert.** More than 20 local and international artists are featured. St. Andrew's-Wesley Church, 1012 Nelson St., Vancouver Tickets \$20 For info call 604-267-2244 or www.diamondheart.org

Open Day & Healings at Self Realization Meditation Healing Centre, Creekside Cres. Gibsons Sunshine Coast 1-604-886-0898

The Choices in Dying Society - Public discussion on 'The Future of the Right to Die Movement' 949 W49th at Oak Street 2pm - 4:30 pm. Keynote speaker: Derek Humphry. Free.

MAY 10 & 11

Tribu: African Healing Dance for Women, 3 hours to explore freedom, creativity and West African culture through African dance, here in Vancouver. Call Jacky at 604.879.3099

MAY 10 - 19

Nelson Wellbeing Week. Join in the celebration of healing arts. Jennifer (250)352 2113 or bgosney@shaw.ca

MAY 13

Meditation / Talk Buddha's Yearly return to Earth on May Full Moon. www.taracanada.com 7pm. Mn Library Ptr K Rm. Free

MAY 13 - 16

Cuiying Zhang Art Exhibition Opening May 15 (through 16th) 11am 515 W Hastings. May 13-14 8771 Lansdowne, Richmond 604.732.4126

MAY 14

The Way of the Foo Ling Master Swami Beyondananda 'Steve Bhaerman', and guests Swami Cahonananda a.k.a. Jeffrey Armstrong and Swami Deep Throat Chakra a.k.a. Jerry DesVoignes. Early Bird Concert 7-7:30pm ~ Pure Piano featuring 'Swami Joe' a.k.a. Joseph Roberts. Wednesday, May 14, 7:30pm, \$25 at the door. Centre for Peace, Burrard & 15th. (604) 267-6567.

MAY 14 & 28

Shamanic Drumming Journeywork Circle. Healing and Insight from Power Animal Guardians. Donation 604-418-9636

MAY 15

Singing Rumi. Concert by Kamile Kapel, Pepe Danza and band. 8pm, Heritage Hall, 3102 Main & 15th, \$10/advance, Banyen, Highlife. \$12/door. 604.812.4566. www.kamile.com

Learn how to enhance your life with Young Living's therapeutic Essential Oils 10PM (see invitation under events).

MAY 16-18

The Time of the Heart is Now. Workshop, psychic channeler and author Maggie Victor. Discover the secrets of your heart. \$200. Info: 1.866.333.9437 (toll free), www.antesca.com. See classifieds.

MAY 17

Yanni World Tour 2003 - GM Place, Vancouver. 604.280.4444 or www.ticketmaster.ca

World event Faulun Dafa Festival. Public demo of exercises 9am-11am followed by opening and parade. Thornton Park, Main and Terminal 604.732.4126

MAY 17 & 18

Yoga Meridian workshop for couples. A fusion of yoga & shiatsu massage. A fun workshop. Involves effortless techniques. Workshop begins with a yoga & qi-gong class. \$125. 604.633.2377

MAY 18

Day of ECK: "Ancient Wisdom for Today" 648 Fisgard St. - Ambrosia Center 11am 604.479.6208 Hosted by: Eckankar, Religion of the Light and Sound of God

MAY 20

Global Events & The Outer Planets Part II A Public talk given by noted Astrologer Walter Guntensberger 8pm. 809 West 23rd, Vancouver (hosted by Rosicrucian Order, AMORC)

MAY 21

"I Remember Me" the award winning, eye opening documentary on Chronic Fatigue Syndrome. 7pm at Video In 1965 Main St. 604.878.7708 or www.mefm.bc.ca.

MAY 22

Rolfing® Body Alignment through Deep Tissue Work, Free lecture/demonstration with Amaro Hografer, 7:00 pm, OM Centre, call Amaro 604.736.1676

"Path to Truth" series. Vancouver Public Library 7:30pm Alice MacKay Room 604.331-4044

MAY 23, 24, 25

An Evening Introduction to Foot Reflexology commences Certificate Weekend Course Intro \$10. Course \$295. Pacific Institute of Reflexology. 604-875-8818

MAY 23 - 26

Yoga Retreat on Hornby Island with Elisabeth Michielsen Body, Heart & Soul "Feeling Our Fire" Intermediate level retreat. 250.338.4263 www.bodyheartsoul.com

MAY 24-25

You Can Heal Your Life workshop. Transform your Life. Discover new levels of self-confidence and well-being. Presenter: Liz Robitaille, Certified Louise Hay Teacher. (\$195.00) Call 604.986.5321, www.wisdomiswithin.com

MAY 25

"Consciously Creating Your Life" presentation by Mary Ellen Flora, 1pm, Roundhouse Community Centre, Davie & Pacific, doors open at 12:00 for healings & clairvoyant readings also available. 604.730.8788.

Fundraising Dinner for the Gloria Lemay (Homebirth) Appeal Fund. 6:00 p.m. at DV8 Restaurant/Lounge, Davie & Seymour. Tickets \$150. Call 604.737.7063 for more information or to purchase tax.

MAY 26 - JUNE 1

The Vancouver International Children's Festival. For children and other adventurous people! Vanier Park. Tickets at Ticketmaster. www.childrensfestival.ca

MAY 27

Monthly Clutter Support Group 7-9 pm By donation. Info Paul Talbot 604.684.5059

MAY 28 & JUNE 3

Free Core Belief Engineering Introductory Evenings Learn about this powerful, gentle approach to change. Discussion includes psychotherapy options and career direction 7:30 - 9:30pm. 604.536.7402 Email: eroselle-cbe@msn.com

MAY 30 - 31

Emotional Freedom Technique - Canmore, AB. See our display ad

MAY 31

Hay fever Seminar from Vancouver Health Society Everyone should know how to stop allergic problems through self-acupressure, Chinese herb and Qi-Gong. Free. 2-3pm Reg: 604.318.9172 vhs-bc.bravepages.com

JUNE 1

Book Launch Party. "Soul Power - The Transformation That Happens When You Know" Nikki de Carteret, Author. Van East Cultural Centre 5:30-8:30pm 604-436-4795

JUNE 5

Uts'am/Witness Benefit: Music & photos by Shel Neufeld, film by Jeremy Williams, song & dance by the Squamish Nation. By donation, 7pm SFU Harbour Centre 435-9500

JUNE 5 - 8

Core Belief Engineering Basic Seminar. Learn how to transform limiting core beliefs in this mind-expanding four-day seminar in White Rock. Information/registration 604.536.7402

JUNE 7, 8

Express Your Creative Spirit Workshop - access creativity in a 2 day workshop - \$160 pp - More info. & registration: Carla Weaver - 604.943.7501 or email: carla_weaver@hotmail.com.

JUNE 1 - 15

Connecting to your Core. Learn to stabilize your core and move without pain @ YWCA of Vancouver, Sun., 9-11:30am, \$161 www.ywcahealthandwellness.com/healthyliving 604-895-5777

JUNE 11-JULY 23

Pre or Postnatal Fitness (baby welcome!) @ the YWCA of Vancouver, 535 Hornby St., Wed., Pre-5:30-6:45pm/Post 9:30 - 10:30am. \$83 www.ywcahealthandwellness.com/healthyliving 604-895-5777

JUNE 3-17

Toning Neck & Facial Muscles by learning techniques for a natural facelift @ the YWCA of Vancouver, 535 Hornby St., Tues, 6-8:30 pm. \$88 www.ywcahealthandwellness.com/healthyliving 604.895.5777

JUNE 19-22

2nd Annual Process Painting Retreat for Women. Twin Creeks Ranch, BC. Explore creativity itself - free from final product. Beginners welcome. \$400 all inclusive. Jean Burgess 250.458.2201 www.mypage.uniserve.ca/~sn1138/

JUNE 20-22

Thriving Wild 1 with Wes Gietz \$150. Be beautifully close to the real earth. www.windwalker.ca 250.339.3197.

JUNE 27-29

Anodea Judith, PhD, author and counselor leads weekend retreat. Explore your chakra system through asanas, bioenergetic movement, meditation and discussion. Contact Nathalie 604.592.0977, ravenandthefrog@hotmail.com

Dancing Our Stories - Moving Our Spirits A weekend retreat using movement and the expressive arts to explore spiritual life history. The Haven Institute, Gabriola Is., www.haven.ca Catherine Fallis 604.255.4843, cfallis@paralynx.com

SEPTEMBER

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OCTOBER 12-18

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SUNDAYS

Sun Do Mountain Taoist Yoga Breathing Meditation 8:30-10:15 a.m. Beginners always welcome. Promotes health, healing and vitality. @Integra Yoga Centre, call Kevin 604.524.1827

Satsang, Chanting & Devotional Singing @ The Parish of St George, corner of Laurel & 14th Ave. 7:30pm By donation, call 604.433.3495

Garden of Miracles spiritual gatherings meets every Sunday starting 4 May 2003, 10:30 am at Anne McDonald Hall (adjacent to Presentation House), North Vancouver. Call Susan at 604.987.6985.

MONDAYS

Satsang Meditation with Canela Michelle Meyers Toning, Sitting, Silence, Sharing, Questions, Answers...Acceptance of What Is and you Are. Every Monday, 7-9pm By Donation (604) 984.0344

A series of Higher Spiritual Teachings and Spiritual Laws including a Moral Compass for Life's Journey offered by The Brotherhood of Humanity. 7pm. Donations appreciated. 604-430.1882

TUESDAYS

Reflexology Student Clinic sessions - only \$15. Evenings only. By appointment. Pacific Institute of Reflexology. 604.875.8818

Hale Ola - Place of Healing. Healing Circle for Healers, Bodyworkers, Health Care Professionals. Meditation, sharing, snacks. Donation. First & third Tuesdays 604.437.7474 Dean/Shizuko

Edgar Cayce Study Groups. Personal spirituality and transformation with like-minded people. Call Vicki 604.294.5366

WEDNESDAYS

The Healing Bodywork Centre offers a "Pamper your Partner" evening every last Wednesday of the month. 604.737.8350

THURSDAYS

Sahaja Yoga Meditation Weekly free meditations at the Kester Grant College, 2421 Laurel Street, Broadway and Oak. Thursdays at 6:30 pm, beginning November 7th. 604.597.8840

THURSDAYS

Buddhist studies & Vipassana Meditation with Brian Ruhe Raven Song Health Centre 2450 Ontario St. & 8th 6:30 - 9:00 pm. By donation. Call 733.8477 or theravada.ca

FRIDAYS

Kirtan and Community Chants for Peace. OM Centre 1041 Cambie (Yaletown) 7:30-9pm. \$3 love donation, kids and seniors free.

SATURDAYS

Healing circle every third Saturday for healers and body workers. Meditation, sharing and shacks. By donation 604.431.7474 Dean/Shizuko

Learn ancient Chinese acupuncture to promote the balance of Qi and heal your pain. Training seminar at 916 W. King Edward Ave 4:30-5:30pm 604.737.7876.

ONGOING

Introduction to Sacred Geometry - Drawing course using basic shapes then combining with colour. No artistic talent required. Ages 12 through senior. Info 604.536.1549

Satsang Meditation with Canela Michelle Meyers Toning, Sitting, Silence, Sharing, Questions, Answers... Acceptance of what is and you Are. Every Monday 7-9 pm. \$10.00/Open. Canela Michelle 604-984-0344.

Need space for your meetings or concerts, to give lessons, practice your music? Consider Unitarian Church Oak/41st.groups 250 ph 604.261.7204 ucv@look.ca

Humuh Monastery Buddhist Meditation & Retreat Centre. An experience in Beauty and Dharma. Call 1-800-336-6015 for free brochure. Westbridge, BC www.humuh.org

Uts'am/Witness Project - June & July weekends - Camping and workshops in Elaho Valley (by Squamish Nation and Roundhouse Community Centre). Call RCC 713-1800, <http://www.roundhouse.ca/>, Witness link.

Positive Living Centre - "Change Your Thinking, Change Your Life". Meditation 10:30am, Service 11:00am, coffee and conversation after. 3281 Harriet Rd, Victoria. Rev. Pat Zogar 250.514.6855

Hakomi Trainings. Ron Kurt Method of Experiential Psychotherapy. Workshops. Private Sessions. Jeff Chernove 604.952.4190 hakomi@dccnet.com/ Lorraine Reaveley 604.649.7175. Bob Milone 250.514.4541

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Heart of Hollyhock continued from page 17

believes that African culture is to be shared with the world. It was a poignant moment, walking down to his accommodation by the ocean, as he was overcome with remembrance of his boyhood home in coastal Nigeria. In that first ground-breaking workshop Baba captivated us all with his stories and wisdom. I participated with my then 8-year-old son. It was a riveting and life-changing time, finding myself playing drums and performing dances of a culture that had intrigued me since childhood. Baba's week was a highlight of over ten summers, with a whole generation of children growing up with his music.

And now Baba has passed away: on April 6, 2003 near his home at Esalen Institute in Big Sur, California. The tradition carries on. Cortes Island multi-generational drumming ensemble *Island Rhythm*, under the direction of Gordy Ryan, has performed in Vancouver, Victoria, Seattle, Portland, and many times at Hollyhock. I play in the band and can say that drumming has been of immense practical value in three ways.

If I can learn to drum by simply showing up to class and practicing, then I can learn anything at any age

As a meditation concentration practice, drumming has strengthened my ability to focus and sustain attention in my endeavours.

And finally, in both rehearsals and performance one needs to be ready for anything, which has developed my capacities in life to stay alert, to improvise, and to respond enthusiastically to change.

During my first years as Program Director in the early 90s, a family with four young children came to visit and the father "auditioned" as a workshop leader by telling some stories one evening. We were spellbound. Little did I know he was then Secretary General of the Sufi Order International, and apparent successor to Pir Vilayat Inayat Khan. This teacher, Atum O'Kane, later took a different path and has since presented programs of spiritual wisdom in many traditions over the last decade at Hollyhock. I completed his two-year training in spiritual guidance myself. Atum has a 'teaching home' at Hollyhock and it seems that the people who attend his programs here and in Europe remain part of a lovely inclusive community.

The third turning point came in 1998 when I joined Joseph Goldstein, Michele McDonald-Smith (who have taught meditation at Hollyhock) and Mirabai Bush, at the Kyaswa Monastery in Burma. I was honoured to co-manage the January retreat at Kyaswa for two years. Being in a place where "it feels like the Buddha just walked by", as Michele says, brought a sensibility toward the traditional monastic conditions for deep meditation practice back to Hollyhock.

I must say that I'm amazed at how strongly my interest, indeed passion, for this work and my role in Hollyhock remains. In May we are hosting the International Gathering of Holistic Centres. It is deeply satisfying to spend time with colleagues from other centres and organizations, to share stories of success and struggle, and to look deeply at our roles and our social responsibilities at this gripping time.

After 13 years behind the scenes at Hollyhock, in June myself and Greg Zelonka, program director for Omega Institute in New York, are co-presenting a workshop called, what else, *How to Produce a Successful Workshop*. It is very rewarding and a lot of fun for us to pass on the knowledge and 'inside stories' from many years in this business. The foresight of an early colleague who said, "This work will be the making of you," has certainly been borne out.

I feel incredibly blessed, especially as I remember Baba whose spirit remains as fierce and loving as ever inside me now.

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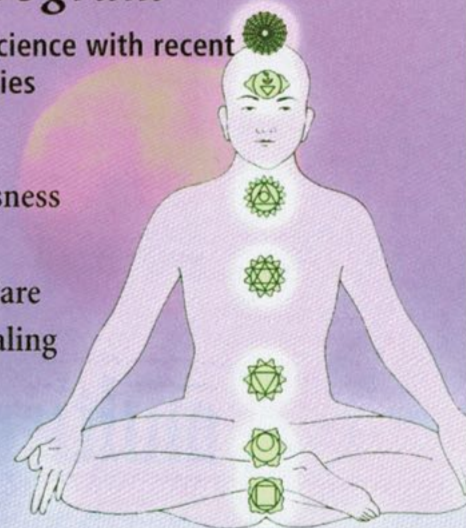
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